

The plan

MY FIRST IRONMAN

PREPARE YOURSELF FOR THIS INFAMOUS ENDURANCE RACE WITH OUR EXPERT PLANS

Meet the expert

Phil Mosley

Coaching editor of *Triathlon Plus* Mosley has coached dozens of triathletes to Ironman success

TRAINING FOR your first ever Ironman-distance race can be a daunting prospect. It's a race that involves a 3.8km open water swim, 180km bike ride and a 42km run, so it's vital that you prepare properly. It's also important not to launch yourself into doing five-hour bike rides or 20-mile runs straight away. Unless you're experienced, hitting the big miles straight away will leave you exhausted and injured. So the key is to train long but build up to it gradually while incorporating the relevant skills and elements of fitness. With these 12-week plans the thinking has already been done for you, so all you need to do is get out and start training.

Before you start using them, it's important to understand a few important points. Firstly, there are two plans to choose from: one will take between six and 11 hours per week, while the other will take anything up to 15 hours per week. Pick the plan that you feel is most realistic for you.

The plans are designed to be started 12 weeks before your Ironman event. Alternatively, you could begin 13 or 14 weeks beforehand to build in some leeway. The plans may seem rather prescriptive at first, but you're always free to move the sessions around to suit your work/life schedule. Just try to avoid arranging it so you have too many tough back-to-back sessions.

Importantly, don't be afraid to listen to your body as well and take a rest day when you need it, regardless of what the plan says. There's no benefit to training if you're already overtired before you start.

You should also try to stick to the training zones we've prescribed. Stay with them because you'll be grateful when the training volume starts ramping up over the weeks and months. Make sure you are familiar with them, and check the key beneath them – this explains any abbreviations we've used and helps you make sense of the plan so you can focus your efforts on the training.

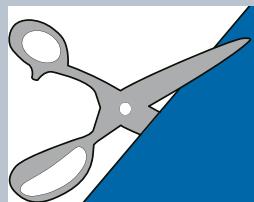
Are these plans for you?

To start these Ironman training plans you should already be able to:

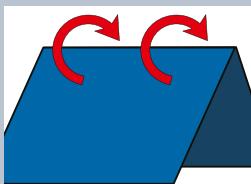
- Ride your bike for at least two hours 30 minutes
- Run for at least 60 minutes
- Swim 400m non-stop

How it works

Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training



Photos: Paul Phillips/Competitive Image, Illustrations: Phil Nicodemus





6 to 11 hours training per week

IRONMAN

FOLLOW THIS PLAN TO GET IRONMAN-RACE-READY IN LESS THAN 11 HOURS PER WEEK

FOLD1

WEEK 01

WEEK 02

Mon
Swim 2,000m
Technique session **WU** 300m FC, 200m KICK, 100m PULL +20secs RI **MAIN** 4x50m 1-ARM, 200m N/S, 4x50m FDRAG, 200m N/S, 4x50m FISTS, 200m N/S **WD** 200m easy FC or BACK

Tue
Run 40mins
Muscular endurance session **WU** 10mins in Z2 **MAIN** 2x10mins in Z3 (+3mins RI) **WD** 7mins in Z2

Wed
Run 1hour
Endurance run in Zone 2

Rest day

Thur
Run 1hour 15mins
Endurance run in Zone 2

Fri
Swim 2,000m
Endurance session **WU** 300m FC, 200m KICK, 100m PULL +20secs RI **MAIN** 100m FC in Z2 +10secs RI, 200m PULL in Z2 +20secs RI, 300m FC in Z2 +30secs RI, 400m PULL in Z2 **WD** 400m easy FC or BACK

Sat
Bike 90mins
Muscular endurance **WU** 30mins in Z2 **MAIN** 30mins in Z3 **WD** 30mins in Z2. Stay seated on climbs

Sun
Bike 2 hours 30
Endurance ride in Z2

TRAINING ZONES

FOLD2
USING THESE training tones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness as well as making sure you don't overdo it.

You can either estimate your intensity using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1: Recovery

60 to 65% of max. Easy pace, feels nice and light.

ZONE 2: Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3: Tempo

75% to 80% of max. Fairly hard but sustainable pace.

ZONE 4: Race Tempo

80 to 90% of max. Hard pace. Sustainable, but requires real focus.

KEY: **WU** Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **PULL** Front crawl with a pull float between thighs, **RI** Rest interval, **BACK** Backstroke, **BREAST** Breaststroke, **1-ARM** Front crawl using one arm only **N/S** Negative split – swim the 2nd half faster than the first, **FDRAG** Drag your fingers along the surface during the FC arm-recovery, **FISTS** Swim FC with clenched fists, **DOG** doggy paddle, **SCULL** Kick with arms in front, sculling your hands sideways **BAND** Front crawl with a rubber band or inner-tube tied around ankles, **ANKLES** FC with pull float between ankles

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 03 RECOVERY WEEK

WEEK 04

Mon
Swim 2,400m Technique session **WU** 200m FC, 200m PULL, 100m KICK +20secs RI **MAIN** 8x50m as (25m FDRAG, 25m FC) +60secs RI, 1x400m in Z3 (+15secs RI), 2x200m in Z3 (+15secs RI), 2x100m in Z3 **WD** 100m easy FC or BACK

Tue
Run 30mins
Muscular endurance **WU** 10mins in Z2 **MAIN** 10mins in Z3 **WD** 10mins in Z2

Wed
Bike 35mins
(turbo trainer or outdoor) Muscular endurance **WU** 10mins in Z2 **MAIN** 2x9mins in Z3 (+2mins RI) **WD** 4mins in Z2

Thur
Swim 2,000m Strength session **WU** 300m FC, 100m KICK, 4x50m BUILD (+15secs RI) **MAIN** 200m BAND +20secs RI, 300m ANKLES +30secs RI, 400m PULL +40secs RI, 200m FC **WD** 200m FC, 100m KICK

Fri
Rest day

Sat
Run 50mins
Endurance run in Z2

Sun
Bike 2 hours
Endurance ride in Z2

Mon
Swim 2,900m Technique session **WU** 300m FC, 200m KICK, 200m FC **MAIN** 3x300m PULL in Z3 +30secs RI, 100m FC in Z2 +20secs RI **WD** 400m easy FC or BACK

Tue
Run 50mins
Muscular endurance session **WU** 10mins in Z2 **MAIN** 2x15mins in Z3 (+3mins RI) **WD** 7mins in Z2

Wed
Swim 2,500m Strength session **WU** 2x250m FC, 100m KICK, 200m PULL **MAIN** 8x (25m SCULL, 25m FC) +10secs RI, 100m PULL in Z4 +10secs RI, 200m FC in Z3 +10secs RI, 300m PULL in Z2 +30secs RI, 200m FC in Z3 +20secs RI, 100m FC in Z4 **WD** 400m FC in Z1

Thur
Run 1 hour 30mins
Endurance run in Zone 2

Fri
Rest day

Sat
Bike 90mins
Muscular endurance **WU** 30mins in Z2 **MAIN** 40mins in Z3 **WD** 20mins in Z2. Stay seated on climbs

Sun
Bike 3 hours 30mins
Endurance ride in Z2



TRAININGZONE

WEEK 05		WEEK 06 RECOVERY WEEK		WEEK 07		WEEK 08	
Mon	Swim 2,500m Technique session WU 3x300m as (100m FC, 100m KICK, 100m PULL) MAIN 8x50m as (25m FISTS, 25m FC), 3x (150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI, WD 300m easy FC or BACK	Swim 2,000m Muscular endurance session WU 200m FC, 200m KICK, 200m PULL MAIN 6x100m FC in Z3 +20secs RI, 6x25m FISTS +5secs RI, 4x100m FC +20secs RI, 6x25m FDRAg +5secs RI, WD 100m easy FC or BACK	FOLD2	Mon	Swim 3,000m Muscular endurance pool session OR preferably open-water swim in Z3 WU 100m FC, 100m KICK, 100m FDRAg, 100m PULL, 6x50m KICK MAIN 6x100m FC in Z3 +20secs RI, 300m PULL in Z1, 4x100m FC in Z3 +20secs RI, 300m PULL in Z1, 2x100m FC in Z3 +20secs RI, WD 500m easy FC or BACK	WEEK 08	Swim 3,000m Muscular endurance pool session OR preferably open-water swim in Z3 WU 400m FC, 8x25m SCULL MAIN 2x(4x75m FC in Z2, 4x75m FC in Z4, 4x75m FC in Z3 +15secs RI), 400m PULL in Z3 WD 200m easy FC or BACK
Tue	Run 50mins Muscular endurance session WU 10mins in Z2 MAIN 30mins in Z3 WD 10mins in Z2	Run 30mins Muscular endurance WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2		Tue	Run 1hour Muscular endurance WU 10mins in Z2 MAIN 2x20mins in Z3 (+3mins RI) WD 7mins in Z2		Run 1hour Muscular endurance WU 10mins in Z2 MAIN 40mins in Z3 WD 10mins in Z2
Rest day						Rest day	
Thur	Run 1hour 45mins Endurance run in Zone 2	Swim 2,000m Endurance session WU 400m FC, 400m as (25m FDRAg, 25m PULL) MAIN 400m PULL in Z2 +60secs RI, 100m FC in Z3 +20secs RI, 400m PULL in Z2 +60secs RI, 100m FC in Z3 WD 200m KICK		Thur	Bike 1hour Muscular endurance WU 10mins in Z2 MAIN 40mins in Z3 WD 10mins in Z2. Stay seated on climbs		Bike 1hour Muscular endurance WU 10mins in Z2 MAIN 40mins in Z3 WD 10mins in Z2. Stay seated on climbs
Fri	Swim 2,500m Endurance session WU 800m as 2x (100m FISTS, 200m FC, 100m FDRAg) MAIN 800m FC in Z2, 100m BACK/BREAST, 400m PULL in Z2 WD 400m FC/PULL	Rest day		Fri	Swim 3,000m Open-water or endurance pool session WU 300m FC, 100m KICK, 300m PULL, 100m KICK MAIN 10x50m FC in Z2 +5secs RI, 5x100m FC in Z3 +10secs RI, 2x200m FC in Z2 +20secs RI, 400m FC in Z3 WD 200m KICK, 200m PULL all in Z1		Swim 2,000m Open-water (preferably) or non-stop pool swim in Z2
Sat	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 2x20mins in Z3 (+5mins RI) WD 15mins in Z2. Stay seated on climbs	Run 1hour Endurance run in Z2		Sat	AM Run 2 hours Endurance run in Z2. Test all race kit, nutrition and equipment PM Swim (optional) 25mins Open-water swim in Z2		AM Run 2 hours Endurance run in Z2. Test all race kit, nutrition and equipment PM Swim (optional) 25mins Open-water swim in Z2
Sun	Bike 4hours Endurance ride in Z2	Bike 2hours Endurance ride in Z2		Sun	Brick 4 hours 30mins Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment		Brick 4 hours 30mins. Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

FOLD1

WEEK 09 RACE TRIAL WEEK		WEEK 10 TAPER WEEK1		WEEK 11 TAPER WEEK2		WEEK 12 RACE WEEK		
Mon	Swim 2,000m Muscular endurance pool/open-water swim in Z3 WU 200m FC, 200m FDRAg, 200m FC, 200m KICK MAIN 4x100m FC in Z3 +30secs RI, 4x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +30secs RI, WD 200m easy FC	Rest day		Mon	Swim 2,000m Muscular endurance swim in Z3 WU 400m FC, 200m KICK, 200m PULL, 100m FC MAIN 4x100m FC in Z3 +20secs RI, 4x50m PULL in Z2 +10secs RI, 3x100m FC in Z3 +20secs RI, WD 200m PULL in Z1		Swim 1500m Easy swim	
Tue	Rest day			Tue	Run 40mins Muscular endurance WU 10mins in Z2 MAIN 20mins in Z3 WD 10mins in Z2		Run 30mins in Z2	
Wed	BRICK 60mins Bike 45mins (turbine trainer or outdoor) as WU 10mins in Z2 MAIN 2x9mins in Z3 (+2mins RI) WD 4mins in Z2 into Run 15mins in Z2	Bike 45mins Anaerobic endurance WU 10mins in Z2 MAIN 6x3mins in Z4 (+2mins RI) WD 7mins in Z2		Wed	Rest day		Bike 1hour in Z2	
Thur	Swim 3,000m Open-water (preferably) or non-stop pool swim in Z2	Swim 2,500m Muscular endurance pool session WU 400m FC, 8x25m drill of choice MAIN 6x50m FC in Z3 +15secs RI, 2x150m PULL in Z2, 6x75m FC in Z3 +15secs RI, 300m PULL in Z2, 6x50m FC in Z3 +15secs RI, WD 250m PULL in Z1		Thur	Bike 45mins Anaerobic endurance WU 10mins in Z2 MAIN 6x3mins in Z4 (+2mins RI) WD 7mins in Z2		Swim 1500m Open-water (preferably) or endurance pool session	
Fri	Rest day			Fri	Swim 1500m Open water (preferably) or non-stop pool session		Bike 45mins in Z2 Check your race-day bike	
Sat	Bike century ride 100 miles in Z2. Test all race kit, nutrition and equipment	AM Run 90mins Endurance run in Z2. Test all race kit, nutrition and equipment PM Swim (optional) 40mins Open-water or pool swim in Z2		Sat	AM Run 1 hour in Z2 PM Swim (optional) 25mins Open-water swim in Z2		Rest day	
Sun	Run 20miles Run in Z2. Test all race kit, nutrition and equipment	Brick 3 hours 15mins Bike 3 hours endurance ride in Z2, into Run 15mins in Z2. Test all race kit, nutrition and equipment		Sun	Brick 2 hours 15mins Bike 2 hours in Z2 into Run 15mins in Z2		RACE DAY	



7 to 15 hours training per week

IRONMAN

TRAIN FOR AN IRONMAN WITH THIS TRAINING PLAN, WHICH TAKES UP TO 15 HOURS PER WEEK

FOLD1

WEEK 01

WEEK 02

Mon
AM **Swim 2,000m** Technique session **WU** 300m FC, 200m KICK, 100m PULL +20secs RI **MAIN** 4x50m 1-ARM, 200m N/S, 4x50m FDRAg, 200m N/S, 4x50m FISTS, +15secs RI, 2x200m in Z3 (+15secs RI), 2x100m in Z3 **WD** 200m easy FC or BACK **PM** **Weights** 30mins **WU** 5mins rowing machine or indoor cycle **MAIN** 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs

AM **Swim 2,000m** Technique session **WU** 200m FC, 200m PULL, 100m KICK +20secs RI **MAIN** 8x50m as (25m FDRAg, 25m FC) +60secs RI, 1x400m in Z3 (+15secs RI), 2x200m in Z3 (+15secs RI), 2x100m in Z3 **WD** 100m easy FC or BACK **PM** **Weights** 30mins **WU** 5mins rowing machine or indoor cycle **MAIN** 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs

Tue
Run 40mins Muscular endurance session **WU** 10mins in Z2 **MAIN** 2x10mins in Z3 (+3mins RI) **WD** 7mins in Z2

Run 40mins Muscular endurance session **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

Wed
AM **Swim 2,300m** Strength session **WU** 200m FC, 100m KICK, 200m PULL, 100m FC **MAIN** 400m (alternating 50m FC, 25m KICK), 3x (200m PULL, 100m KICK in Z3) +30secs RI **WD** 400m BACK/ **BREAST** **PM** **Bike 50mins** (turbo trainer or outdoor) Muscular endurance **WU** 10mins in Z2 **MAIN** 2x15mins in Z3 (+3mins RI) **WD** 7mins in Z2

AM **Swim 2000m** Strength session **WU** 300m FC, 100m KICK, 200m PULL, 100m FC **MAIN** 400m (alternating 50m FC, 25m KICK), 3x (200m PULL, 100m KICK in Z3) +30secs RI **WD** 200m FC, 100m KICK, 200m PULL **PM** **Bike 45mins** (turbo trainer or outdoor) Muscular endurance **WU** 10mins in Z2 **MAIN** 3x9mins in Z3 (-2mins RI) **WD** 4mins in Z2

Thu
Run 1 hour 15mins Endurance run in Zone 2

Run 1 hour 15mins Endurance run in Zone 2

Fri
AM **Swim 2,000m** Endurance session **WU** 300m FC, 200m KICK, 100m PULL +20secs RI **MAIN** 100m FC in Z2 +10secs RI, 200m PULL in Z2 +20secs RI, 300m FC in Z2 +30secs RI, 400m PULL in Z2 **WD** 400m easy FC or BACK **PM** **Run 40mins** in Z2. Choose a route with as many hills as possible

AM **Swim 2000m** Endurance session **WU** 200m FC, 200m KICK, 200m drill of choice **MAIN** 6x75m FC in Z3 +10secs RI, 400m PULL in Z2 +20secs RI, 6x50m FC in Z3 +10secs RI, 200m PULL in Z2 **WD** 150m FC in Z1 **PM** **Run 40mins** in Z2. Choose a route with as many hills as possible

Sat
Bike 90mins Muscular endurance **WU** 30mins in Z2 **MAIN** 30mins in Z3 **WD** 30mins in Z2. Stay seated on climbs

Bike 90mins Muscular endurance **WU** 30mins in Z2 **MAIN** 30mins in Z3 **WD** 30mins in Z2. Stay seated on climbs

Sun
Bike 3hours Endurance ride in Z2

Bike 3hours Endurance ride in Z2

TRAINING ZONES

USING THESE Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it.

You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1: Recovery

60 to 65% of max. Easy pace, feels nice and light.

ZONE 2: Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3: Tempo

75% to 80% of max. Fairly hard but sustainable pace.

ZONE 4: Race tempo

80 to 90% of max. Hard pace. Sustainable, but requires real focus.

KEY: **WU** Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **PULL** Front crawl with a pull float between thighs, **RI** Rest interval, **BACK** Backstroke, **BREAST** Breaststroke, **1-ARM** Front crawl using one arm only **N/S** Negative split – swim the 2nd half faster than the first, **FDRAg** Drag your fingers along the surface during the FC arm-recovery, **FISTS** Swim FC with clenched fists, **DOG** doggy paddle, **SCULL** Kick with arms in front, sculling your hands sideways **BAND** Front crawl with a band tied around ankles, **ANKLES** FC with pull float between ankles

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 03 RECOVERY WEEK

WEEK 04

Mon
AM **Swim 2,400m** Technique session **WU** 2x(150m FC, 100m KICK, 50m PULL) **MAIN** 4x(25m DOG, 25m FC, 25m FISTS, 25m FC, 25m SCULL, 25m FC) +20secs RI, 2x400m N/S +30secs RI **WD** 400m easy FC or BACK **PM** **Weights** 30mins **WU** 5mins rowing machine or indoor cycle **MAIN** 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs

Tue
Run 30mins Muscular endurance session **WU** 10mins in Z2 **MAIN** 10mins in Z3 **WD** 10mins in Z2

Run 50mins Muscular endurance session **WU** 10mins in Z2 **MAIN** 2x15mins in Z3 (+3mins RI) **WD** 7mins in Z2

Wed
Bike 45mins (turbo trainer or outdoor) Muscular endurance **WU** 10mins in Z2 **MAIN** 2x9mins in Z3 (+2mins RI) **WD** 4mins in Z2

AM **Swim 2,500m** Strength session **WU** 300m FC, 200m KICK, 200m PULL **MAIN** 3x(300m PULL in Z3 +30secs RI, 100m FC in Z2 +20secs RI, 100m FC in Z4 +20secs RI) **WD** 400m easy FC or BACK **PM** **Weights** 30mins **WU** 5mins rowing machine/indoor cycle **MAIN** 2x25 chin-ups, press-ups, tricep dips, 2x8-16reps of lat pull-downs, squats, hamstring curl with heavy weights. Increase resistance next week if you get to 16reps

Thu
Swim 2,000m Strength session **WU** 300m FC, 100m KICK, 200m PULL +20secs RI **MAIN** 200m BAND +20secs RI, 300m ANKLES +30secs RI, 400m PULL +40secs RI, 200m FC **WD** 200m FC, 100m KICK

Run 1 hour 30mins Endurance run in Zone 2

Rest day

AM **Swim 2,500m** Endurance **WU** 400m as (25m KICK, 50m FC) 400m as 25m drill of choice, 25m FC **MAIN** 400m FCN/S +60secs RI, 50m BACK, 300m PULL in Z3 +40secs RI, 50m BREAST, 200m FC in Z3 +20secs RI, 50m BACK, 200m PULL in Z3, 50m BREAST **WD** 400m FC/PULL in Z1 **PM** **Run 40mins** Hilly run in Z2

Sat
Run 1 hour 15mins Endurance run in Z2

Bike 90mins Muscular endurance **WU** 30mins in Z2 **MAIN** 40mins in Z3 **WD** 20mins in Z2. Stay seated on climbs

Sun
Bike 2 hours Endurance ride in Z2

Bike 3 hours 30mins Endurance ride in Z2



TRAININGZONE

WEEK 05

WEEK 06 RECOVERY WEEK

Mon
AM **Swim 2,500m** Technique session **WU** 3x30mins (100m FC, 100m KICK, 100m PULL) **MAIN** 8x100m (25m FISTS, 25m FC), 3x (150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI **WD** 300m easy FC or BACK **PM** **Weights 30mins** WU 5mins rowing machine or indoor cycle **MAIN** 2x25chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights**

AM **Swim 2,000m** Muscular endurance session **WU** 200m FC, 200m KICK, 200m PULL **MAIN** 6x100m FC in Z2 +20secs RI, 6x25m FISTS +5secs RI, 4x100m FC +20secs RI, 6x25m FDRAg +5secs RI **WD** 100m easy FC or BACK **PM** **Weights 30mins** WU 5mins rowing machine or indoor cycle **MAIN** 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs

Tue
Run 50mins Muscular endurance session **WU** 10mins in Z2 **MAIN** 30mins in Z2 **WD** 10mins in Z2

Run 30mins Muscular endurance **WU** 10mins in Z2 **MAIN** 10mins in Z3 **WD** 10mins in Z2

Wed
AM **Swim 2,500m** Strength session **WU** 300m FC, 100m KICK, 100m BACK, 100m FC in Z2 +4secs RI, 100m BAND +15secs RI, 400m PULL +45secs RI, 100m FC in Z3, 400m FC in Z2, 100m 1-ARM, **WD** 200m easy FC/BACK **PM** **Bike 1hour** (turbo trainer or outdoor) Muscular endurance **WU** 10mins in Z2 **MAIN** 10mins, 9mins, 8mins, 7mins in Z3 (+2mins RI) **WD** 10mins in Z2

Bike 45mins (turbo trainer or outdoor) Muscular endurance **WU** 10mins in Z2 **MAIN** 2x9mins in Z3 (+2mins RI) **WD** 4mins in Z2

Thu
Run 1 hour 45mins Endurance run in Zone 2

Swim 2,000m Endurance session **WU** 400m FC, 400m (25m FDRAg, 25m PULL) **MAIN** 400m PULL in Z2 +60secs RI, 100m FC in Z3 +20secs RI, 400m PULL in Z2 +60secs RI, 100m FC in Z3 **WD** 200m KICK

Rest day

Fri
AM **Swim 2,500m** Endurance session **WU** 800mmas2x (100m FISTS, 200m FC, 100m FDRAg) **MAIN** 800m FC in Z2, 100m BACK/BREAST, 400m PULL in Z2 **WD** 400m FC/PULL **PM** **Run 40mins** in Z2. Choose a route with as many hills as possible

Rest day

Sat
Bike 90mins Muscular endurance **WU** 30mins in Z2 **MAIN** 2x20mins in Z3 (+5mins RI) **WD** 15mins in Z2. Stay seated on climbs

Run 1 hour 15mins Endurance run in Z2

Sun
Bike 4 hours endurance ride in Z2

Bike 2 hours Endurance ride in Z2

* Increase the resistance in Week 7 if you get to 16 reps

FOLD1

FOLD 2

WEEK 07

WEEK 08

AM **Swim 3,000m** Muscular endurance pool session OR ideally open-water swim in Z3 **WU** 100m FC, 100m KICK, 100m FDRAg, 100m PULL, 6x50m KICK **MAIN** 6x100m FC in Z3 +20secs RI, 300m PULL in Z1, 4x100m FC in Z3 +20secs RI, 300m PULL in Z2, 2x100m FC in Z3 +20secs RI **WD** 500m easy **PM** **Weights 30mins** WU 5mins indoor rower/cycle **MAIN** 2x25chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights**

AM **Swim 3,000m** Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 400m FC, 8x25m SCULL **MAIN** 2x (4x75m FC in Z2, 4x75m FC in Z4, 4x75m FC in Z3 +15secs RI), 400m PULL in Z3 **WD** 200m easy FC or BACK **PM** **Weights 30mins** WU 5mins indoor rower/cycle **MAIN** 2x25chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights**

Tue
Run 1 hour Muscular endurance **WU** 10mins in Z2 **MAIN** 2x20mins in Z3 (-3mins RI) **WD** 7mins in Z2

Run 1 hour Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2

AM **Swim 3,000m** Open-water or strength pool session **WU** 200m FC, 100m KICK, 100m PULL, 6x50m KICK **MAIN** 400m (25m FC/25m KICK), 8x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +50m easy, 50m hard +20secs RI, 400m PULL in Z3, 4x100m ANKLES Z2 +30secs RI, 400m FC/BACK/BREAST **PM** **Bike 45mins** Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins Z4 (+2mins RI) **WD** 7mins in Z2

AM **Swim 3,000m** Open-water (preferably) or strength pool session **WU** 200m FC, 100m KICK, 300m PULL **MAIN** 2x (200m ANKLES in Z2 +20secs RI, 200m BAND in Z3 +20secs RI, 200m PULL in Z4 +20secs RI), 400m (25m KICK, 50m FC in Z2, 2x100m KICK +20secs RI) **WD** 400m easy FC **PM** **Bike 45mins** Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

Thu
Bike 1 hour Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2. Stay seated on climbs

Bike 1 hour Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2. Stay seated on climbs

Fri
AM **Swim 3,000m** Open-water (preferably) or endurance pool session **WU** 300m FC, 100m KICK, 300m PULL, 100m KICK **MAIN** 10x50m FC in Z2 +5secs RI, 5x100m FC in Z3 +10secs RI, 2x200m FC in Z2 +20secs RI, 400m FC in Z3 **WD** 200m KICK, 200m PULL all in Z1 **PM** **Run 40mins** in Z2, as hilly as possible

AM **Swim 2,000m** Open-water (preferably) or non-stop pool swim in Z2 **PM** **Run 40mins** in Z2. Choose a route with as many hills as possible

Sat
AM **Run 2 hours** endurance run in Z2. Test all race kit, nutrition and equipment **PM** **Swim (optional) 25mins** Open-water swim in Z2

AM **Run 2 hours** Endurance run in Z2. Test all race kit, nutrition and equipment **PM** **Swim (optional) 25mins** Open-water swim in Z2

Sun
Brick 4 hours 30mins. Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

Brick 4 hours 30mins. Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

* Increase the resistance the following week if you get to 16 reps

WEEK 09 RACE TRIAL WEEK

WEEK 10 TAPER WEEK 1

Mon
AM **Swim 2,000m** Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 200m FC, 200m FDRAg, 200m FC, 200m KICK **MAIN** 4x100m FC in Z3 +30secs RI, 4x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +30secs RI **WD** 200m easy FC or BACK **PM** **Weights 30mins** WU 5mins rowing machine or indoor cycle **MAIN** 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs

Rest day

Tue
Rest day

Bike 45mins (turbo trainer or outdoor) as **WU** 10mins in Z2 **MAIN** 2x9mins in Z3 (+2mins RI) **WD** 4mins in Z2 into run 15mins in Z2

Wed
Swim 3,000m Open-water (preferably) or non-stop pool swim in Z2

Swim 2,500m Muscular endurance pool session **WU** 400m FC, 8x25m drill **MAIN** 6x50m FC in Z3 +15secs RI, 2x150m PULL in Z2, 6x75m FC in Z3 +15secs RI **WD** 250m PULL in Z1

Fri
Rest day

Run 40mins Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

Sat
Bike century ride 100 miles in Z2. Test all race kit, nutrition and equipment

AM **Run 90mins** Endurance run in Z2. Test all race kit, nutrition and equipment **PM** **Swim (optional) 40mins** Open-water or pool swim in Z2

Run 20 miles in Z2. Test all race kit, nutrition and equipment

Brick 3 hours 15mins Bike 3 hours endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

WEEK 11 TAPER WEEK 2

WEEK 12 RACE WEEK

Mon
AM **Swim 2,000m** Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 400m FC, 200m KICK, 200m PULL, 100m FC **MAIN** 4x100m FC in Z3 +20secs RI, 4x50m PULL in Z2 +10secs RI, 3x100m FC in Z3 +20secs RI **WD** 200m PULL in Z1 **PM** **Weights 30mins** WU 5mins rowing machine or indoor cycle **MAIN** 2x25chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights. Increase the resistance the following week if you get to 16 reps

Swim 1500m Easy swim

Tue
Run 40mins Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

Run 30mins in Z2

Wed
AM **Swim 2,000m** Open-water (preferably) or strength pool session **WU** 200m FC, 100m KICK, 200m PULL, 100m FC **MAIN** 6x100m FC in Z3 +20secs RI, 3x100m FC in Z3 +20secs RI **WD** 200m PULL, alternating Z2 and Z4 +30secs RI, 3x100m FC in Z3 +20secs RI **PM** **Bike 45mins** Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

Bike 1 hour in Z2

Thu
Bike 1 hour Muscular endurance **WU** 20mins in Z2 **MAIN** 20mins in Z3 **WD** 20mins in Z2. Stay seated on climbs

Swim 1500m Open-water (preferably) or endurance pool session

Fri
AM **Swim 1500m** Open-water (preferably) or non-stop pool session **PM** **Run 30mins** in Z2. Choose a route with as many hills as possible

Bike 45mins in Z2 Check your race-day bike

Sat
AM **Run 1 hour** in Z2. **PM** **Swim (optional) 25mins** Open-water swim in Z2

Rest day

Sun
Brick 2 hours 15mins Bike 2 hours in Z2, into run 15mins in Z2

RACE DAY

